

Ballou Cross Country 2017

WHAT: RUN FOR FUN AND COMPETITION

WHERE: BALLOU JUNIOR HIGH

WHEN: SEPT. 5TH THE FIRST DAY OF SCHOOL – MEET IN Mr. Yoder’s Room #117 @ 2:25

WHO: 7TH AND 8TH GRADE GIRLS AT BALLOU

WHAT DO I DO FIRST? GET CLEARED BY MR. YODER THIS SUMMER

Date	Time	Place
August 22	9AM – 12PM	Mr. Yoder’s Classroom #117
August 23	9AM – 12PM	Mr. Yoder’s Classroom #117
August 24	8AM – 12PM	Mr. Yoder’s Classroom #117

HOW DO I GET CLEARED? See attached Informational sheet

- **PRACTICES - Starts September 5th (2:25 – 4:10)**
 - **WE PRACTICE MONDAY-THURSDAY AND SOME FRIDAYS (No Activity bus on Friday)**
- **HOW MANY MILES IS IT? Less THAN 2 MILES...YOU CAN DO THAT!!**
- **WHO IS THE COACH? Mr. Yoder**
- **THIS SPORT IS FOR EVERYONE, NO MATTER IF YOU ARE SLOW OR FAST.**
- **I LOOK FORWARD TO SEEING YOU SEPTEMBER 5TM**

This Summer: BEGIN BY RUNNING for 20 minutes EVERY OTHER DAY.

Please contact Coach Yoder with any questions – yodermd@puyallup.k12.wa.us